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**Celebrity** pg 14

**Madge stays in London for the kids**



## Driver error cited in C-Train accident

**CRASH** The 25-year-old woman and sole occupant of a grey Dodge car that was hit by a C-Train Sunday morning blew a red light.

While Ald. Andre Chabot said it might be time for city council to consider re-installing control arms downtown, the traffic infraction that led to the crash confirmed comments by Calgary Transit's Ron Collins in Metro that adherence to existing signals could prevent such collisions from happening.

The wreck happened around 9:45 a.m. at the intersection of Macleod Trail and 7 Ave. SE. **METRO CALGARY**

**Comment** pg 4

## Dion should be given time

**Entertainment** pg 12



## Keane fear crisis crunch

**World** pg 7

## Palin choice dogs McCain

**Health** pg 11

## Average kink



Stéphane Dion speaks during a news conference yesterday to announce he will resign as leader of the Liberal party.

# Dion departing

## Liberal leader will resign after spring leadership race

**OTTAWA** Stéphane Dion, leader of Canada's official opposition Liberals, said yesterday he would resign in the wake of a humiliating election loss last week he blamed on his rivals' attack advertisements.

Dion said he would stay on until the party can choose a new leader at a convention, most likely to be held in the first half of next year.

The Liberals last Tuesday won just 76 of Parliament's 308 seats — a drop of 19 from the January 2006 election — and gathered 26.2 per cent of the vote, the lowest for the party since 1867.

"I will stay as leader until a new leader is chosen at a leadership convention that I have asked the party to be-

**"There is another solution, that is, to prepare the ground for a new leader."**

Liberal Leader Stéphane Dion

gin to organize. I will not be a candidate for the leadership of my party at that convention," Dion said at a news conference.

Dion, a French speaker who has had trouble making himself understood in English, hampered his party's election chances by stressing the need for a carbon tax to cut greenhouse gas emissions at a time of high fuel prices and market turmoil.

Even before the campaign began, the ruling Conservatives ran advertise-

ments portraying Dion as a weak leader and saying the proposed carbon tax would cause taxes to rise — a point the Liberals vainly insisted was untrue.

"This propaganda cemented the mind-set of Canadians to the point that this was the main reason we lost," Dion admitted.

"To try to change that would be a tremendous effort and a risk that I don't need to impose on my party. There is another solution, that is, to prepare the ground for a new leader and

to make sure he will not be vulnerable to the same kind of politics."

The Liberals have governed Canada more than any party, but are now in decline. Tuesday's election was the third in a row that the party has lost votes and seats in Parliament.

Dion stressed the new leader would need to rebuild the party's creaking fund-raising operations, which have failed to keep pace with the Conservatives.

"The Conservative advertising campaign was huge, well-financed and effective ... We cannot afford to let others continue to distort or confuse just because they have more money," he said.

REUTERS

## Calgary cops investigate rash of arsons

**KRISTA SYLVESTER**  
 krista.sylvester@metronews.ca

**FIRE** Police believe two men filling up jerry cans late at night may also be responsible for several southwest fires in the past week.

Over the weekend there were eight fires in the southwest areas of

Richmond Road and Marda Loop in very close proximity to one another, arson unit Det. Scott Sampson said. "It's tough to say why they are doing it, but it's obvious they are experimenting with fire,"

Det. Scott Sampson said. "It's tough to say why they are doing it, but it's obvious they are experimenting with fire," Sampson said.

"So far none of the fires have been successful, but we're very concerned if they do become successful, someone can get hurt."

The fire spree began just after midnight Saturday when an accelerant was poured over a propane tank along the Sarcee pedestrian bridge and several more similar fires occurred over the weekend, including at Lakeview Golf Course.

Two men believed to be 18 to 24 years old were seen setting at least one of the fires.

Police have reason to believe these arsons could be linked with a string of city fires deliberately set last month.

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# Rowe pleads guilty in death of sex-trade worker

Yesterday in court 26-year-old Sara Rowe plead guilty to second-degree murder for her role in the death of a fellow sex-trade worker killed in 2006. Rowe was originally slated to face first-degree murders charges, but pleaded guilty to the lesser charge and will be back in court Nov. 6. **METRO CALGARY**

# Local

**"In the context of a heated election campaign, it is nothing less than political vandalism."**

Arthur Kent on an article published in the Calgary Herald.



## Lawsuit

Arthur Kent announced on his blog yesterday that he has filed a lawsuit against the Calgary Herald and CanWest claiming defamation.

METRO CALGARY

## Raffle winner wins big in a small way

**KRISTA SYLVESTER**  
krista.sylvester@metronews.ca

**MCDONALDS** She always said it would be neat if she won a smart car and now one lucky raffle winner can add winning one to her resume.

Winner Pam Ryan wasn't present when six-year-old Leeza Nielson pulled her name from the tumbler last week, but was ecstatic when she won the car from the Ronald McDonald House.

"I'm so excited, this is incredible. I forgot I even entered the draw, so this is a nice surprise," Ryan said.

## News in brief

**JOB FAIR** A job fair offering career opportunities and information about employment services for immigrants coming to the city is being offered today by the City of Calgary in conjunction with the Immigrant Sector Council of Calgary from 10 a.m. to 8 p.m. in the atrium of the municipal building. **METRO CALGARY**

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What's online today.

**Watch** a report on a new pilot program that aims to help homeless people battle their most difficult problems at metronews.ca/local  
**Have** the markets hit bottom? Read Investment Perspective for Allan Small's take.  
**Check** movie showtimes, trailers and reviews at metronews.ca/movies

# Lunchbox a rare treat

## Actor revels in chance to open up at theatre

**KRISTA SYLVESTER**  
krista.sylvester@metronews.ca

**A rare opportunity in the acting world became reality yesterday for many as the Lunchbox Theatre launched their new home away from home.**

After four months of construction and relocation, the Lunchbox Theatre will now be entertaining guests from the base of the Calgary Tower, and to open a new theatre is feat to remember, according to actor Braden Griffiths.

"It's not very often you to get to open a play at a new theatre. It's something I can tell young actors when I'm 60 that I got to do," Griffiths said. "It's a rare opportunity."

A rare opportunity indeed, artistic director Martin Fishman said.

"It's really special and



Artistic Director Martin Fishman shows off the new home of the LunchBox Theater. The LunchBox opened a new show in the theatre yesterday — A Life in the Theatre, by David Mamet.

it's something the community came together for. I'm just so thankful to all who made this possible," Fishman added. "We couldn't be happier."

**"It's not very often you to get to open a play at a new theatre. It's something I can tell young actors when I'm 60 that I got to do ... It's a rare opportunity."**  
Braden Griffiths

The \$1.6 million theatre boasts 150 seats, with interchangeable set-ups, Fishman said, something the Bow Valley Square location lacked.

"It allows us to create a much more intimate audience feeling, with much more comfortable seats."

A Life in the Theatre set the stage for the new scenery last night and will run until Nov. 15.

# Manning offers take on Greens

**NEIL MACKINNON**  
neil.mackinnon@metronews.ca

**POLITICS** The Green Party might be in Alberta to stay.

Provincial popular support for the Greens grew by 2.23 per cent from the 2006 election and three local candidates finished in second place, two more than in 2006.

Preston Manning, founder of the Reform Party, said despite common perceptions across Canada,

**"We've got to increase the level of comfort ... We've really got to work against preconceived notions to realize a breakthrough in Alberta."**

Elizabeth May

Albertans are concerned about the environment.

"I think that's reflected in the support the Green party finds here," said Manning, but noting he feels the Greens won't continue their upward trajectory until they broaden

their issue-base.

Green Party leader Elizabeth May told Metro they need to take a page from the old Reform political playbook.

"We've got to increase the level of comfort," said May. "We've really got to

work against preconceived notions to realize a breakthrough in Alberta."

Mount Royal College political scientist Bruce Foster said if anyone understands the importance of a broad issue base, it's Manning, and the Greens could eventually turn into a major player in Alberta.

"The one danger they face is having a major party steal a chunk of their platform and make it their own, that would be disastrous."

## Education board looks to reduce its footprint

**WASTE** The Calgary Board of Education wants to reduce its ecological footprint — big time.

The CBE launched an ambitious program yesterday at the Ethel M. Johnson School yesterday, as a part of Waste Reduction Week, to reduce the waste it sends to landfill by 50 per cent by 2012.

The CBE's EcoTeam will spearhead the initiative, which will be rolled out at the 215-plus public school and administrative locations across the city.

This program is part of a larger CBE Environmental initiative to become a model of local and global environmental stewardship.

Ethel M. Johnson School is one school working hard to help the CBE achieve its new targets.

Students oversee a very comprehensive waste diversion program involving recycling of bottles, cans, paper and vermi-composting food scraps.

Calgary kicked off a city wide initiative in April of this year challenging the community to work toward reducing its footprint.

**METRO CALGARY**

## Targets

- The CBE's new targets coincide with the celebration of Waste Reduction Week in Canada, a campaign developed and run by a coalition of waste reduction and conservation organizations from across the country.

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# Comment & Views

## Comment

# Dion deserves time, for history's sake

## National Report

### Lawrence Martin



Stéphane Dion made a smart move yesterday — at least from his own point of view. Step down, yes. But not now.

Being the bizarre game that it is, politics produces many unpredictable twists. Minority govern-

ments can fall — quickly and unexpectedly. Remember Joe Clark's in 1979?

Staying on gives the Liberal leader that remote possibility — another election. It gives him an opportunity, with an honourable performance over the next seven months, to improve his image.

The Liberals didn't have anyone in the wings who would have been an impressive interim leader. Paul Martin stepped down right away after being defeated in the 2006 campaign — and now regrets having done so. There was no hurry. His party would have fared much

**Mr. Dion's problem is that he has no palace guard. Most of the top players in the party want his job.**

better in the interim under Mr. Martin than it did under Bill Graham.

Given his weak performance as captain of the team, Mr. Dion deserves much of the criticism he has received. But by historical standards, he deserves a little more time. Lester Pearson suffered a worse thrashing than him in the 1958 campaign. John Turner did worse in the 1984 campaign. And both stayed on.

Mr. Dion should be reminding everyone of something. The Conservatives won only a minority. They were supposed to do better than that. John Diefenbaker and Brian Mulroney won landslides against Mr. Pearson and Mr. Turner.

Mr. Dion's problem is that he has no palace guard. Most of the top players in the party want his job. It's been an added

problem ever since he took the reins.

Now all hell will break loose in the party in the scramble to succeed him. Bob Rae and Michael Ignatieff start way out in front. They are both quality candidates.

Some want Frank McKenna to make a political comeback but he would be wise to stay on the sidelines. He has been out of politics for more than a decade and is rusty. He has no experience at the federal level. His French is far worse than Mr. Rae's and Mr. Ignatieff's and he is not as articulate as they are in

English either.

Some are promoting Ontario Premier Dalton McGuinty. He's a good premier but he's got about as much charisma as Dion.

In Mr. Rae and Mr. Ignatieff the Liberals have two compelling candidates. Had they picked one of them the first time round they wouldn't have been in the predicament they find themselves in now. One of them might have been prime minister today.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

## Views

# All the world's not just a stage, it's a catwalk

By DAVID DIXON  
Canadian Designer,  
David Dixon Label

Appraising my 2009 spring collection at its Canadian debut today at L'Oreal Fashion Week (in Toronto), thoughts of what should go with what, and whether the

collection will be "runway ready" overwhelmed me!

However, the non-"follower of fashion," might question the relevance of those concerns — not to mention the months of preparation — for a brief 15-minute presentation.

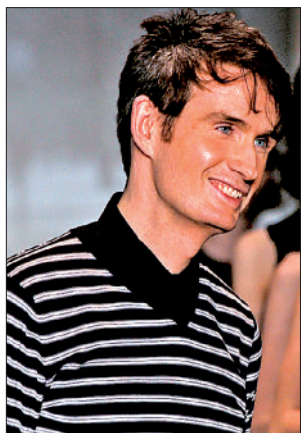
Is fashion relevant? In short, yes. Fashion is more

than about the right dress or the next big thing, it's a direct reflection of our times as well as our own self-expression. Fashion is a part of our culture and gives us markers for historical reference. We have adopted a fascination with people and the way they dress, especially celebrities.

In the political arena, the importance of image is crucial. As a population, we often judge our pre-elects on how they look rather than their positions on issues. When we look at the Democratic race in the United States, no one forgets that Hillary wore great pantsuits — feminine, yes,

but powerful as well.

So is fashion relevant? Ask yourself that when you are going on that first interview, first date — or you run for office. Your answer will be clear. And make no mistake about it: The world is not just a stage, it's a catwalk — and everyone is watching.



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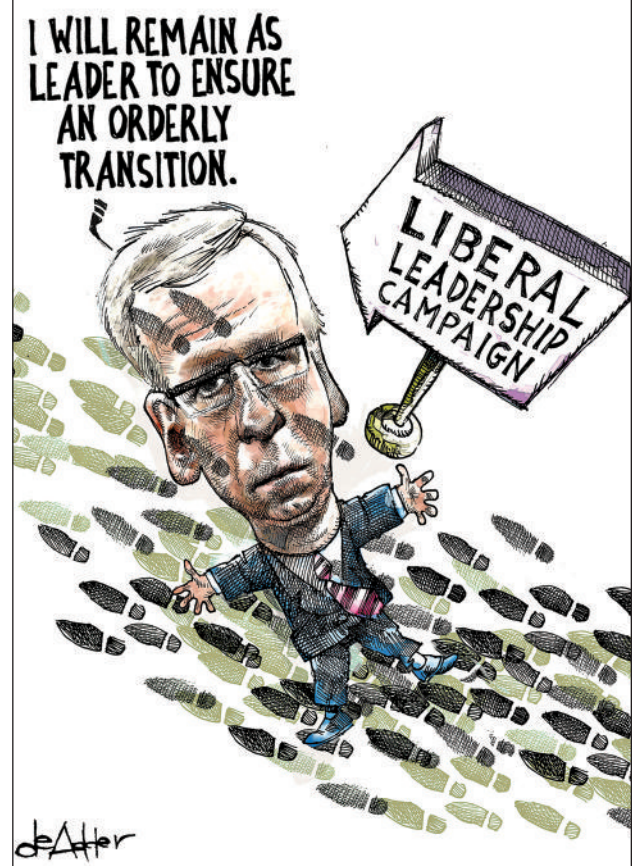
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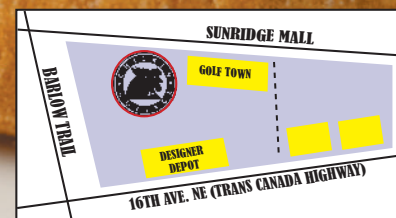
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As the federal government prepares to draft regulations prohibiting the importation, sale and advertising of polycarbonate baby bottles that contain bisphenol A, Born Free Canada, of Vaughan, Ont., finds its products in high demand. The company says it's the only Canadian manufacturer of BPA-free baby bottles. **REUTERS**

# Canada



## Dairy farmer in contempt

Dairy farmer Michael Schmidt was found in contempt of court yesterday for distributing raw milk from a co-operative farm he runs in Owen Sound, Ont. For health reasons, the sale of raw milk is illegal in Canada. Schmidt said he does not sell or distribute raw milk, but simply provides the milk to the cow's owners, all of whom pay to board the 300 cows at his farm.

**TORSTAR NEWS SERVICE**

### Residential school probe head resigns

**POWER STRUGGLE** The high-profile examination into the systemic abuse of aboriginal children at church-run residential schools ground to a halt yesterday when the head of the federal commission abruptly resigned, citing a power struggle.

The Indian Residential Schools Truth and Reconciliation Commission is supposed to travel the country listening to some of the 150,000 aboriginals who were forced into residential schools, where many say they were abused.

**REUTERS**

#### problem

Chairman Harry LaForme cited an "incurable problem" as the reason for his resignation, saying the two commissioners working under him would not take his directions.

## Some premiers support use of 'practical' deficits

**Ontario will run a "temporary" budget deficit to protect social services and preserve infrastructure spending, Premier Dalton McGuinty said yesterday.**

"You get yourself into trouble if you have an ideological aversion to deficits. You don't embrace deficits but ..... let's be practical here. The choice is you cut programs, you can raise taxes or you run deficits," McGuinty said at a one-day meeting on the economy with Canada's provincial and territorial leaders.

McGuinty said he hoped Prime Minister Stephen Harper and Finance Minister Jim Flaherty resist any "ideological slavishness" to balancing their books at all costs — on the backs of the



Alberta Premier Ed Stelmach, left, sits beside Prince Edward Island Premier Robert Ghiz, centre, and Manitoba Premier Gary Doer after a Council of the Federation meeting yesterday in Montreal.

provinces.

Manitoba Premier Gary Doer agreed.

"Everybody understands that what happened in '95 is the deficit was moved from the federal govern-

ment to the provinces and from the provinces to the municipalities and we still have potholes in our country from what happened in '95," Doer said.

**TORSTAR NEWS SERVICE**

### Poverty rate rising rapidly: Study

**INCOME GAP** Canadian poverty and inequality rates have been rising since 1995 and are now higher than the average developed nation, a new study says.

The income gap is growing throughout the developed world, but the gap between rich and poor in Canada widened more dramatically than in most countries between 1995 and 2005, according to the report released in Paris today.

The 20-year analysis by the 30-member Organization for Economic Co-Operation and Development found only Germany saw a similar rate of increase during the past 10 years.

"After 20 years of continuous decline, both inequality and poverty rates (in Canada) have increased rapidly in the past 10 years, now reaching levels above the OECD average," says the report.

**TORSTAR NEWS SERVICE**

#### News in brief

**DELAYS** Air Canada suffered a computer glitch that prompted an unspecified number of flight delays across its Canadian network yesterday, a spokesman said.

**AIR SAFETY** Since March 5, 15 pilots at Toronto airports have complained someone shined laser pointers at incoming or

outgoing aircraft, blinding the pilots.

**IRVING FINED** Forestry giant J.D. Irving Ltd. was fined \$60,000 after pleading guilty yesterday to destroying a blue heron habitat in New Brunswick two years ago, CBC News Online reports.

**METRO NEWS SERVICES**

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**SHOPPERS DRUG MART**

**At least 21 dead in Mexico jail riot**

At least 21 prisoners died in a jail riot in Mexico near the Texas border yesterday when inmates from rival gangs staged a gun battle and set fire to the building. **REUTERS**

7

# World



## Body spreads tainted

Chinese-made chocolate-flavoured body spreads sold in British sex shops have been found to be tainted with melamine, the same chemical that made thousands of babies ill in the tainted-milk scandal in China, food safety authorities said yesterday. **REUTERS**

# McCain still under fire for Palin pick

**With the U.S. financial crisis dominating voter concerns just two weeks before election day, Republican John McCain is facing renewed criticism over his choice of Sarah Palin as a vice-presidential running mate.**

Conservative commentators, late-night comedians and even Colin Powell have questioned the Arizona senator's judgment for putting the little-known Alaska governor on the White House ticket.

Palin, a mother of five

whose staunch opposition of abortion rights has energized her party's base, is still drawing large crowds and bringing conservative voters who were wary of McCain back to the Republican fold.

But crucial independents in must-win battleground states on Nov. 4 are having second thoughts, analysts say, after Palin's performance on the national stage failed to illustrate her readiness to take over the country's top job.

Powell, a Republican for-

**"She's to be admired, but at the same time ... I don't believe she's ready to be president of the United States, which is the job of the vice-president."**

Republican Colin Powell

mer secretary of state, cited McCain's shaky response to the financial crisis and his choice of Palin as one reason he crossed party lines to endorse Democrat Barack Obama.

"She's a very distinguished woman and she's to be ad-

mired, but at the same time, now that we have had a chance to watch her for some seven weeks, I don't believe she's ready to be president of the United States, which is the job of the vice-president," Powell said on NBC's Meet the Press.

Palin's supporters cite her grit and concern for her family as qualities that go beyond political experience and say her critics are out of touch with average Americans.

But many others are not convinced. They question whether her experience as a small-town mayor and two years as governor of a lightly populated state with no international experience qualified her to handle a crisis should she become president.

A new ABC News/Wash-

## Obama

• Democrat Barack Obama will leave the presidential campaign trail to visit his ailing 85-year-old grandmother in Hawaii, whose health has deteriorated in recent weeks, an aide said yesterday. **REUTERS**

ington Post public opinion poll shows 52 per cent of likely voters say McCain's pick of Palin has made them less confident in his judgment. **REUTERS**

## Pilot was ordered to shoot down UFO during Cold War

**MYSTERY** Two U.S. fighter planes were scrambled and ordered to shoot down an unidentified flying object (UFO) over the English countryside during the Cold War, according to secret files made public yesterday.

One pilot said he was seconds away from firing 24 rockets at the object, which moved erratically and gave a radar reading like "a flying aircraft carrier."

At the last moment, the object disappeared from the radar screen and the high-speed chase was

called off.

The pilot, Milton Torres, now 77 and living in Miami, Fla., said it spent periods motionless in the sky before reaching estimated speeds of more than 7,600 miles per hour.

After the alert, a shadowy figure told Torres he must never talk about the incident and he duly kept silent for more than 30 years.

His story was among dozens of UFO sightings in Defense Ministry files released at the National Archives in London. **REUTERS**

## News in brief

**BIRTHS** A woman who was struggling to conceive ended up giving birth to six healthy babies in a German hospital, the medical director of Berlin's Charite hospital said yesterday. The woman gave birth to four boys and two girls. **REUTERS**

**DISEASE** The AIDS virus, HIV, may cause blood clots and other problems with blood vessels that can kill patients prematurely even if they are relatively healthy, researchers reported yesterday. **REUTERS**

## Kabul Taliban kill aid worker



British aid worker Gayle Williams, seen in this undated photo, was killed by two Taliban gunmen in the Afghan capital of Kabul yesterday. Williams was accused of spreading Christian propaganda. **REUTERS**

## Junk food causes a third of global heart attacks: Study

**NUTRITION** Diets heavy in fried foods, salty snacks and meat account for about 35 per cent of heart attacks globally, researchers reported yesterday.

Their study of 52 countries showed that people who ate a "western" diet based on meat, eggs and

junk food were more likely to have heart attacks, while those who ate more fruits and vegetables had a lower risk.

The study supports previous findings that show junk food and animal fats can cause heart disease, and especially heart attacks. **REUTERS**

## International pact sought to curb cigarette smuggling

**HEALTH** Delegates from more than 150 countries met yesterday to push for a wide-ranging pact to curb the booming trade in cigarette smuggling.

The week-long conference in Geneva is being held under the auspices of the World Health Organisation (WHO), which estimates five-million people die each year from diseases related to smoking.

"Illicit trade in tobacco

products contributes to the rise in tobacco consumption and poses a serious threat to health," the WHO said.

By making cigarettes available to buyers at prices two to three times lower than in the shops, smugglers are threatening to undermine global efforts to reduce smoking rates and save lives, WHO officials say. **REUTERS**

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**Bargain hunters head online for Black Friday sales ads**  
Anxious shoppers wanting an early glimpse of the deals U.S. retailers will offer for the post-Thanksgiving Black Friday sales can get a sneak peek at websites that publish what they claim are advance copies of newspaper ads. **REUTERS**

# Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

## Limited chances to clean emissions, agency says

**The International Energy Agency says countries aren't doing enough to develop and deploy systems that capture carbon dioxide emissions from power plants, even though such technologies are considered crucial in the battle against climate change.**

In Canada, Alberta and Saskatchewan are taking the lead on carbon capture

and storage research. While some initiatives have been announced or proposed, even the most advanced project is seven years away.

In a report, the agency said if projects do not materialize soon, "it will be impossible for (the technology) to make any meaningful contribution to greenhouse-gas mitigation efforts by 2030." **TORSTAR NEWS SERVICE**

## Baseball Louisville in fever pitch



Production was in high gear for Hillerich and Bradsby employee Tommy Forrest, seen lacquering World Series baseball bats made for players of the Tampa Bay Rays and Philadelphia Phillies at its Louisville Slugger plant in Louisville yesterday.

### Business in brief

**ECONOMY** U.S. Federal Reserve chairman Ben Bernanke said yesterday that another stimulus package may be needed. Such a move would follow this summer's \$100 billion in tax rebates, which were intended to jump-start the economy.

**WIRELESS** Research in Motion shares fell 10 per cent

yesterday after analysts said retail sales trends of BlackBerry's were weaker than hoped, and earnings forecasts were cut.

**VIDEO GAME** Sony has delayed sales of the highly anticipated PS3 video game LittleBigPlanet by at least a week after finding a potentially offensive Islamic song in the game. **REUTERS**

## Former WestJet execs take to the skies with Enerjet

**AIRLINES** A pair of former WestJet executives announced yesterday they'll soon be taking to the skies on their own under the moniker Enerjet.

The new Calgary-based airline, the brain-child of WestJet founder Tim Morgan, will start offering charter flights throughout

the country in the first quarter of next year, with four operations for the leisure market slated for later in the year.

Enerjet intends to lease a pair of 135-seat Boeing 737-700s to start, with more planes being added to their fleet later.

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## Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

# Financial 'wardrobe'

### SmartCookies



In recent weeks it's been hard to avoid being inundated by information about the economy and stock market. If you have found yourself in the middle of a conversation and feeling totally out of the loop about stocks, bonds and mutual funds, we are here to simplify the world of investing using an analogy most of us can understand — our wardrobes!

Let's begin with the basics — if we compare investments to clothing, bonds would be the fundamental (though kind of boring) necessity that you build your wardrobe on. For example, a plain white button-down or a pair of straight-leg jeans. Bonds are issued by companies

and municipal, provincial and federal governments. In exchange for you lending them money, they issue a bond that promises to pay you back your money in the future plus interest. Bonds are much less risky than stocks.

Stocks, on the other hand, would be the more trendy add-ons that may seem a bit more risqué — but also have a lot to offer and are somewhat sexy.

When you buy a stock, you buy a part of a business. As the value of the business or company fluctuates, the value of the owner's "share" also increases or decreases. Of course, some companies are riskier than others. If you choose to invest your money in a blue chip company (a company that is well-established and well-respected) — as opposed to a newly public company — you may make less money in the end, but the risk of losing money is not as great.

Last, we have mutual

**"Stocks, on the other hand, would be the more trendy add-ons that may seem a bit more risqué — but also have a lot to offer and are somewhat sexy."**

funds. Mutual funds represent what your closet should look like: A balance of basics that you can count on, mixed with other pieces you're betting will enhance the overall worth of your wardrobe (although there is a risk that they may not).

So, if one piece drops out of a fashion, or decreases in value, you still have many others to offset the loss.

Mutual funds offer you an opportunity to contribute money into a pool with other investors to purchase large amounts of stocks, bonds or both. You invest in a fund, run by a professional, who buys shares or stock or bonds.

Mutual funds offer some unique advantages. As mentioned, these funds

are comprised of both stocks and bonds, so through diversifying your investment, you lower your risk.

Also, as a general rule, you are able to sell shares quickly if you are in need of some cash. Lastly, there is a professional overseeing your investments.

For more information on investing, check out our new book Smart Cookies Guide to Making More Dough, on sale in book stores this month, and visit smartcookies.com for more on living your richest life. If you have questions or comments for the Smart Cookies, e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

## Survival for small business

**Q** I operate a small retail home furnishing store and a warehouse that supplies other small stores. I have reduced inventory at both locations and have mounted an advertising campaign. What other steps can I take to ensure the viability of my business?

Kim

**A** Many small businesses must develop strategies to ensure the survival of their business in the event of an economic downturn in Canada. These are not times for "business as usual."

**Cash Flows:** No business stays afloat without a continued cash flow. Review your credit policies and those of suppliers.

**Sales:** Continue to attract new customers, however do not ignore your existing client base. Where else can you receive better references? It is also cheaper.

### MoneyMatters

**Henry Choo Chong**

choochonghcg@yahoo.ca

#### Cost:

Fixed costs do not change with the economic climate. Pay closer attention to managing other costs.

#### Employees:

Treat them right. They can make or break a business.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcg@yahoo.ca.

### Investing

**Allan Small**

Have we hit rock bottom in the markets? Read this week's column at metronews.ca.

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Buffalo Sabres forward Thomas Vanek was named the NHL's first star of the week yesterday. He picked up eight points in four games last week, helping Buffalo to a 3-0-1 record over the stretch. **METRO NEWS SERVICES**

**Vanek first star**

# Sports



## Heavyweight franchises unite over food

Two of the most recognized U.S. sports teams – the New York Yankees and the Dallas Cowboys – have formed a stadium operations company. Each club will move into a new stadium next year, and officials from both teams said at a news conference Monday that the company will allow them to provide better food options for fans.

REUTERS

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### Game Preview



**THE SKINNY:** Calgary lost back-to-back one-goal games to Edmonton on Friday and Saturday and is off to its worst five-game start since 2005-06, when it also opened 1-3-1.

**THE SAD STAT:** The Flames haven't beaten the Capitals in nine years.

**THE GOALIE TROUBLE:** Miikka Kiprusoff has a 4.37 goals-against average, up from 2.69 in 2007-08, and was victimized by the Oilers during the decisive second period Saturday.

**THE CAPS TROUBLE:** Washington had its three-game winning streak snapped Saturday, losing 4-3 at home in a shootout to New Jersey. The Capitals were unable to hold a 2-1 lead after two periods and missed numerous opportunities to take control of the game, going 1-for-8 with the man advantage.

METRO NEWS SERVICES

## Vegas sees more than just Ray of hope

### YorkReport

**Marty York**

marty.york@metronews.ca

The Tampa Bay Rays, whose worst-to-first ascent ranks as baseball's story of the year (and maybe the century), have been established as relatively heavy favourites to win the 2008 World Series.

Odds makers have decided bettors must lay \$1.50 on the Rays to win a dollar and stand to collect \$1.30 on every dollar they place on the underdog Philadelphia Phillies.

The Rays are favoured largely because they have home-dome advantage in the seven-game Series, which opens in Tampa to-

morrow night. Interestingly, the Rays seized the home advantage for the Series when one of their pitchers, **Scott Kazmir**, won the All-Star Game for the AL back in July.

Advice: Take Philly. The Phils' lineup is stacked with more prolific and more experienced batters than Tampa's and they have an almost-unhittable closer in **Brad Lidge**.

• Some oddsmakers also have put out a line on the Series' prospective television ratings — and they're suggesting viewership will be extremely low.

Last year's Series — a four-game sweep by the Boston Red Sox over the Colorado Rockies — drew the second-lowest ratings in Series history with a 10.6 share. The over/under for this Series is a 10.2 share. Visit BetOnline.com for details.

• If you're human,

you're rooting for the Rays' **Rocco Baldelli**, who delivered the most important hit in his team's history — the game winner in the AL Championship Series against Boston Sunday night. Baldelli suffers from a mitochondrial disorder that leaves him easily exhausted and could, after the Series, end his career.

"Every single thing I used to do on the field, I used to do hard," Baldelli told me earlier this season. "I can't go hard any more."

7

• The number of home runs hit by Tampa Bay outfielder B.J. Upton in the postseason. He's the first player to hit seven playoff homers after posting fewer than 10 in the regular season.

In fact, Baldelli couldn't finish Sunday's game after becoming weary. He was replaced in the seventh inning by ex-Blue Jay **Gabe Gross**.

• Still smarting from their ALCS loss, the Bosox are aiming to fortify their pitching, offering a package of prospects and cash to San Diego for ace **Jake Peavy**, whom the Padres have deemed expendable ... The Bosox also hope to reacquire free-agent-to-be **Derek Lowe**. The Jays also covet Lowe, who isn't interested in returning to the Los Angeles Dodgers. Also likely to leave the Dodgers as a free agent is outfielder **Manny Ramirez**, who said: "I want to see who is the highest bidder. The price of gas is up and so is my price."

Two notable names who've applied to become the Milwaukee Brewers' new manager: **Willie Ran-**



The Rays' Rocco Baldelli suffers from a career threatening mitochondrial disorder.

dolph and Paul Molitor ... And expect this soon: The engagement of **Alex Rodriguez** and **Madonna**.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

## Pats hammer Broncos

**NFL** Sammy Morris ran for 138 yards and one touchdown before departing the game and Matt Cassel tossed three touchdown passes, as the Patriots pummeled Denver, 41-7 in New England Monday night. Two of the scoring strikes went to Randy Moss. Wes Welker led the onslaught with six catches for 63 yards and a touchdown. The New England ground game bullied the Denver front seven in the



Matt Cassel threw for 3 TDs.

trenches, even without the services of starting tailback Laurence Maroney, who was placed on injured reserve with a shoulder problem. **METRO NEWS SERVICES**

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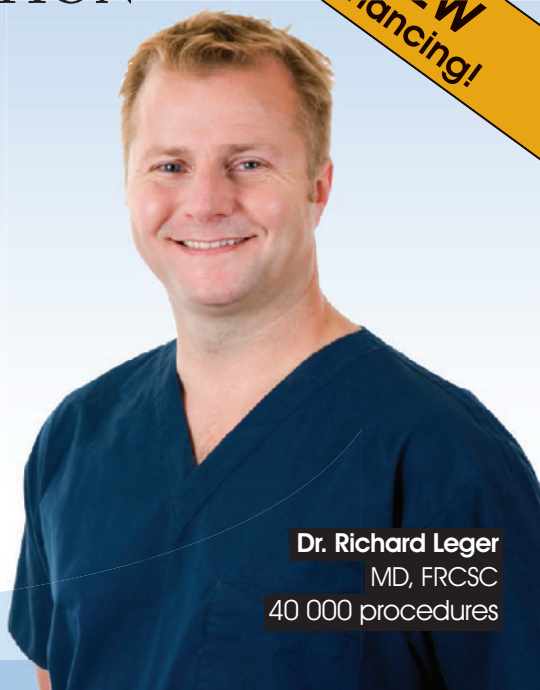
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**Get 2.5 hours of exercise per week, U.S. says**

Adults should aim to get in two and a half hours of exercise a week and children should run and play for at least an hour a day, according to new exercise guidelines issued by the U.S. government. **REUTERS**

# Health



## Disco tune could save your life

U.S. doctors have found the Bee Gees 1977 disco anthem *Stayin' Alive* provides an ideal beat to follow while performing chest compressions as part of CPR on a heart attack victim. The American Heart Association calls for chest compressions to be given at a rate of 100 per minute in cardiopulmonary resuscitation (CPR). *Stayin' Alive* almost perfectly matches that, with 103 beats per minute. **REUTERS**

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

# Unveiling your inner kink

## The J Spot



Sex talk with Josey

It gives new meaning to the expression "being a slave to fashion." As part of Toronto Fashion Week, Northbound Leather is hosting X-posé, its 12th annual kink fashion show.

And if you think kink is only for underground nocturnal urbanites, don't kid yourself.

"We see everyone from goths to (house) wives at our show," says George Giaouris, who took over the Yonge



**Don't kid yourself** — kink isn't only for the underground nocturnal urbanite types.

Street family leather business from his father and has turned it into a sort of Wal-Mart of fetish accessories.

Giaouris admits he's had

no formal education when it comes to assessing people's particular sexual bents but as a self-described "old whore" when it comes to this

stuff," he can guess within a minute of someone coming into the store.

"If they reach out and touch corsetry, they probably like a bit of bondage and a corset is a bit like a great, big hug," Giaouris explains. "When they enter my store, they wear their sexuality on their sleeve."

And if it's a latex or leather sleeve, it may be because of those early sexual fumbblings in the vinyl or leather back seats of that old Chevy when they were teenagers.

Giaouris believes everyone has a fetish, that whatever you associate with early sexual arousal will always have a special place in your heart. If you first did it on a fur rug, for example, fur may always

be a turn on for you.

For others, experimenting with the darker side of their sexuality is about relinquishing or experiencing power.

"The person that's the CEO, or high-level manager gets tired of always calling the shots and the one who never gets to make the decisions likes to experience being the one in control," explains Giaouris.

For a lot of couples who crave the excitement that came so effortlessly early in the relationship, expanding their sexual boundaries is a way of rediscovering that thrill. They are comfortable in their sexuality and secure in their relationship but just looking for a way to take things up a notch. And now, with the luxury of the Inter-

net, a couple can tread into this sometimes scary territory from the comfort of their own homes.

"They don't have to put themselves out there," says Giaouris. "There are plenty of online resources, support groups and networks. These days, you and your partner can take everything from a cooking class to a rope class that will teach you how to tie your partner up sensually. There is no danger in exploring."

After all, Giaouris says coyly: "Like teenagers who always want to do what they're told they shouldn't, forbidden fruit tastes best."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).

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Steve Carell is reportedly in talks to resurrect the work of late comic Peter Sellers. Carell is said to be negotiating a deal to remake 1967 film *The Bobo*, which originally starred Sellers and Britt Ekland, with himself in the lead role. [IMDB.COM](http://IMDB.COM)

# Entertainment

EDITOR: TINA COSTANZA, [TINA.COSTANZA@METRONEWS.CA](mailto:TINA.COSTANZA@METRONEWS.CA)

## Bourne again

Matt Damon is to star in a fourth *Bourne* movie. The actor is reportedly set to return to the role of the amnesiac spy Jason Bourne, with director Paul Greengrass again at the helm. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)



## Perfect storm

Keane album drops as financial crisis hits

BRYAN BORZYKOWSKI  
for Metro Canada



**It's tough to imagine that America's crumbling economy would affect a giant rock band like Keane, but even they're worried that people will forgo buying their new disc and download it for free instead.**

"As the group's drummer I think people should pay for music," says the London-based trio's beat keeper Richard Hughes. "But I understand that some people won't be able to afford it."

"It's a bit like Barack Obama when he says health care is a right, not a privilege. Well, music is a right and I'd rather people hear it than not."

The fact that the world's love of excess and overspending is coming to a shocking halt right as the band releases its third album, *Perfect Symmetry*, is an odd coincidence, since the new music touches on these themes.

"The record is about this kind of stuff," he says. "We know we're pissing away billions of pounds on bombs and guns and warships. We should be building better hospitals and homes for the people who walk around London that don't have homes."

While lyrics such as "maybe you find, life is unkind and over so soon, there is no golden gate, there's no heaven waiting for you," from the title

track is dark, the music is anything but. In fact, Keane have transformed themselves from a brooding, piano-driven band into upbeat '80s rockers.

Hughes says Keane is just trying new things. "We've always loved bands that surprise you with their next record," he says, citing David Bowie, Talking Heads and Depeche Mode as influences. "Take Radiohead. They're always trying to do something bolder and different each time. It's difficult to do, but once you establish yourself you can do it and it gives you total freedom."

While it's important to note the new tools in the band's musical arsenal, you can't help but listen to the



*Perfect Symmetry*, the new album from Keane, is now available.

album and think of the elephant that's still in the room: singer Tom Chaplin's addiction.

The singer went to rehab in August 2006 to kick an alleged drug habit that made recording their last album, *Under The Iron Sea*, extremely difficult. They avoided the topic on the new disc, because to them the story is old news.

"It's all over the music on the second album," admits

Hughes. "It was a very dark record, and by now it feels like ancient history."

During the most trying times of Chaplin's addiction, Hughes wasn't sure the band would continue on. But it has, which might explain the happier sounds emanating from the new disc. "We enjoy playing together again," he said. "It was as if we broke down, got fixed and then we were sent on our way."

## Fashion critic Mr. Blackwell dies: Reports

**PEOPLE** Mr. Blackwell, the fashion maven whose annual "worst-dressed" list could be the bane of Mr. Blackwell Hollywood celebrities, has died at age 86, according to reports.

Richard Blackwell, born Richard Selzer, had been in failing health for some time and in August was reported to be in a coma after a fall at his Los Angeles home. The Los Angeles Times quoted his publicist as saying the former actor and designer died Sunday in hospital.

Blackwell issued his "worst-dressed" list for 48 years and it became watched around the world. Last year he put Victoria Beckham at the top of his list, saying: "...in one skinny-mini monstrosity after another, pouty 'Posh' Beckham can really wreck-em." **REUTERS**



## George goes green

JIM REYNO  
Metro Canada



**Do you have the time, ability and resolve to do one million things to help the environment? Probably not. But surely, you have the time, ability and resolve to do just one.**



Stroumboulopoulos

That's the point of One Million Acts of Green — a nationwide environmental campaign that kicks off tonight on CBC TV's *The Hour* with George Stroumboulopoulos.

"It's not about changing the world, it's about people changing their world," Stroumboulopoulos said in an interview in his office. "This is for the people who would actually like to do something. That's it. This isn't about changing attitudes."

Here's how it works. All you have to do is commit one "green" act (or more) and register on the One Million Acts of Green website ([onemillionactsofgreen.com](http://onemillionactsofgreen.com)). The site launch will coincide with *The Hour* broadcast at 11 p.m. local time tonight.

The idea is to get at least one green act from each individual, amassing to a million. Once you've registered your act, you can see the positive effect you're having by using the green calculator designed by GreenNexus.

"There's a carbon calculator, so you'll see the impact," he said. "You actually have a takeaway value, so

you know what you've done."

What's a green act? It's switching to compact, fluorescent light bulbs. It's walking or biking to work. It's buying locally grown organic food instead of prepackaged, products that are bad for the environment.

"It's turning off the water when you're brushing your teeth," he suggested. "That, actually, I believe, has a bigger impact than a lot of the stuff that people would think of doing."

Stroumboulopoulos said the website will be the "hub" of the One Million Acts of Green campaign.

"You can come to this portal and we'll show you a couple of the easy ways where you can participate, and then commit an act," he said.

One Million Acts of Green will run over *The Hour*'s entire season, through June. "I think we can get it done by spring," he said about hitting the one million mark. "We have reached out of all of the communities, school boards, provinces. We've reached out to so many people, and the reaction has been remarkable."



Best bet for biopic

Actor Will Smith has topped a Virgin media poll as the person most likely to play Democratic presidential nominee Barack Obama in a film of his life. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)



DVD picks

The Incredible Hulk

Director: **Louis Leterrier**  
Rating: **PG**

**WHILE SUPERIOR** to its cerebral 2003 predecessor, this film is at best a diversion. Director Louis Leterrier delivers enough chases and smack-downs to satisfy many a fanboy, despite some humdrum CGI work.

But the lack of character shading suggests Marvel Studios went too far in distancing itself from Ang Lee's Hulk, the much-reviled 2003 version that was all angst and little action.

The movie retells the origin story on the fly — radiation bombards scientist Bruce Banner (Ed Norton), making him big, green and mean. He's hunted by General "Thunderbolt" Ross (William Hurt) and Hulk wannabe Emil Blonsky (Tim Roth), so he hides in a Brazilian slum, gets a job bottling lime-green soda pop and tries to figure out how to separate the Hulk's DNA from his own. Available in single-disc, triple-disc and Blu-ray packages.

TORSTAR NEWS SERVICE

Casino Royale

Directors: **Val Guest, Ken Hughes, John Huston, Joseph McGrath, Robert Parrish**  
Rating: **PG**

**THE ORIGINAL** Casino Royale was a 1967 travesty that might have killed the budding James Bond franchise, had anyone taken it remotely seriously. Not to be confused with the superb 2006 film by the same name, this version is now hailed as a study in camp excess.

Roger Ebert, who debuted as a movie critic that same year, described it as "a definitive example of what can happen when everybody working on a film goes simultaneously berserk."

David Niven plays a retired ex-Bond called into service for one last hurrah; his gambit is to create multiple 007s, both male and female, to sow confusion, but that trick only worked with the baffled audience. Here's that rare DVD where the commentaries and featurettes are more interesting than the movie itself.

TORSTAR NEWS SERVICE

# Whither the fate of Mad Men?

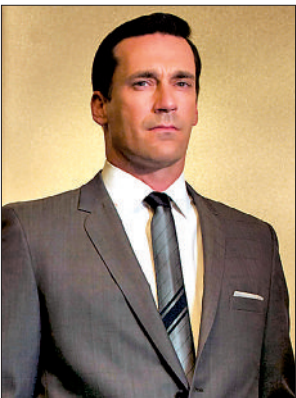
IntelleVision



**Wanted — a few good men:** With barely a week left before the season finale of *Mad Men*, we've been reassured that the show has been renewed for a third season, though whether series creator Matt Weiner or any of the lead actors will be coming back is still up in the air.

According to a Fox News story, AMC and Lionsgate, the show's network home and producers respectively, are frantically negotiating to get Weiner on board for season three, which is probably a big part of any deal they'll have to make with Jon Hamm, John Slattery, or the rest of the show's cast, none of whom apparently signed up past two seasons of what, back before it hit the air, was probably a neat but iffy-looking project.

"Hamm in particular



Mad Men star Jon Hamm.

poses a problem since he's turned into a huge breakout star," the Fox News story speculates. "If *Mad Men* ended right now, the 36-year-old actor could go to movies and easily become the next George Clooney."

The latter sounds like a bit of a stretch; though Hamm has ably inhabited the enigma that is *Mad Men*'s Don Draper — this past Sunday's episode certainly proved that — and is an undeniable factor in the show's success, there's no reason to believe his transition to the big screen is a sure thing.

The Fox News story prob-

ably had it right, however, when they stated that renegotiating Hamm's contract is "going to cost them more than they've probably ever paid for anything."

The same goes for Weiner, though it might be overreacting to imagine the odds are decent that AMC will come up short and end up sending Lionsgate to talk to another network — such as HBO, for instance, who would "pay just about anything to take it given their disappointing schedule right now."

This might be undeniably true, but it just sounds like wishful thinking overall. HBO legendarily turned down the show before Weiner, a writer on HBO's *The Sopranos*, took it to AMC, who were looking to get into the drama market.

Acquiring *Mad Men* might give HBO its mojo back, though it might just as easily make the once-untouchable quality cable leader look like it's been reduced to taking an upstart network's sloppy seconds.

In any case, it's unlikely that AMC will give up the

show that easily, and fall back on *Breaking Bad* as its marquee title, especially after the money they've invested in promoting the show over the summer.

I've despaired about the return of *Mad Men* for a third season before, but its survival has never looked more certain, even despite contingencies such as the (always reliable) greed of agents with the upper hand.

Which is why it's strangest of all for the Fox News piece to insist that the show's plot lines will be mostly resolved this Sunday, "in case there aren't any more." Sending all the characters and their ongoing issues to ground isn't remotely possible at this point, and the idea that everyone involved would walk away from the show at this point suggests an eruption of fickleness and pique that not even Hollywood could manage in any but its most perverse moods.

Rick McGinnis writes about music, movies, books and television, but not opera.

## Road's release moved to 2009

**FILM** When it comes to the 2008 Oscars, this could be the end of *The Road*. The Viggo Mortensen-starring dark thriller, which earlier this week was pushed from November to December, now looks likely to open in early 2009. For the Weinstein Company, which declined to comment on any postponement, the move means its awards efforts will be concentrated on Stephen Daldry's *The Reader* and Woody Allen's *Vicky Christina Barcelona*.

## Davis, Mahoney seek Treatment

**TELEVISION** Hope Davis and John Mahoney will co-star on the second season of HBO's *In Treatment*, a drama that chronicles the weekly sessions of psychoanalyst Paul Weston (Gabriel Byrne) with several of his regular patients as well as his weekly visits to his own therapist. Davis will play a high-powered lawyer and former patient of Weston's, and Mahoney will play a self-confident CEO whose life is getting away from him.

REUTERS

## critics' corner

Corner Gas

Possession is how much of the law? In "Telescope Trouble," Wanda (Nancy Robertson) has just purchased a new telescope and is desperate to keep it from getting stolen. Meanwhile, Brent (Brent Butt) has an interesting time trying to find a repairman to fix an automatic door. Emma and Oscar (Janet Wright, Eric Peterson) decide to go camping in a nontraditional place. 12:30 PM on COM



The Mentalist

Stealing can be hazardous to your health. In this new episode, the team learns that a wealthy investment banker who was found murdered inside his locked safe room was living a dual life and skimming millions of dollars from his clients. Patrick (Simon Baker) sets up a mental conundrum to see which of the suspects will show his true colors in "Ladies in Red." 10 PM on KREM

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	243 317	3 CFCN	etalk	Law & Order: SVU		Criminal Minds (N)		Dancing With the Stars		News (N)
	- -	4 BROAD	(4) Broadcast News News.	Broadcast News News.						
	- 371 5	KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Opportunity Knocks (N)	Dancing With the Stars		Eli Stone
	245 306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors	CBC News: The National		The Hour
	244 338	7 CICT	ET Canada	Entertainment	90210 "Lucky Strike"		House "Lucky Thirteen"	Kitchen Nightmares (N)		News Hour
	246 -	8 CKAL	Law & Order: SVU		Privileged (HDTV) (N)		Opportunity Knocks (N)	NY-Hollywood Friends		Your City
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	- 370 16	KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser: Families (N)			Law/Ord SVU
	- 373 22	KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	House "Lucky Thirteen"		Fringe "The Cure" (N)	News (N)
	297 652	37 WPIX	Privileged (HDTV) (N)		CW11 News at Ten		Two/Half Men	Friends		According-Jim
	500 500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)			Larry King Live		Cooper 360
	508 502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight	Glenn Beck		Nancy Grace
	400 400	21 TSN	NHL Hockey	NHL Hockey	Washington Capitals at Calgary Flames. (HDTV) (Live)			SportsCentre		UEFA Champ. League Soccer
	408 418	27 net	Saturday Night Poker		World Combat League		Hockey Central	Stamps TV		Best-Sports
	410 403	30 SCORE	Poker: Canadian Open		Score Tonight		Hardcore Hockey Talk	Final Score		Final Score
news	411 457	44 OLN	Angry Planet	Flying Doctor	Which Way to... "Luxor"		Pilot Guides	Don't Forget Your Passport		Survivorman
	417 406	48 SPEED	Low Life	SuperCars	Super Bikes!		Pinks	Pass Time		Unique Whips
	552 543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch		Futurama
	557 541	39 FAM	Zoe 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie		Han. Montana
	555 545	67 TOON	Scooby Doo! Pirates Ahoy!		Grim Adv	Ghosts-Scooby	Ghosts-Scooby	6teen		Futurama
	575 583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders		Home Improve.
	553 546	17 TREE	Little Bear	Maggie-Beast	Big Comfy	Rolie Polie Olie	Beren. Bears	Babar		Backyardigans
	- -	18 CHTV	The Insider (N)	E! News	Pam: On Loose	Sunset Tan (N)	The Biggest Loser: Families (N)			News (N)
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	602 568	23 W	House	Style by Jury	Will & Grace	Friends	Three Fat Brides	Style by Jury		Style by Jury
sports	521 560	24 TLC	Mystery Diagnosis		Dr. G: Medical Examiner		A New Face For Marlie	Mystery Diagnosis		Med. Examiner
	603 561	25 FOOD	The F Word Food and fertility.		Chef School	At the Table	Restaurant Makeover	Challenge		The F Word
	615 520	26 A&E	The First 48 (HDTV)		The Rookies	The Rookies	Jacked: Theft	Jacked: Theft		The First 48
	617 522	32 SHOW	EastEnders	Vivienne Vyle	About a Girl	About a Girl	The Best Years (DVS)	Testees		Trailer Park
	601 562	33 SLICE	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS	In Laws		Rich Bride, Poor Bride
	- 633 34	ENC2	(7:15) Death Becomes Her *** (1992, Fantasy)				The "Bubs" ** (1989, Comedy) Tom Hanks.	(10:40) The Money Pit **		
	520 505	35 DISC	Destroyed	Destroyed	Mighty Ships		Daily Planet	Destroyed		Destroyed
	620 523	36 BRAVO	Road to Baileya		Rockabilly 514		Law & Order "Bait"	Without a Trace		Citizen X
	294 650	40 WPCB	(6) Set It Off (1996)		Dream Makers		Family Guy	Seinfeld		Family Guy
	626 547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas		The Simpsons
family	- 539 42	TCM	Enemies	(7:45) The Public Enemy *** (1931)			(9:15) The Amazing Dr. Clitterhouse (1938)	(10:45) Invisible Stripes		
	628 584	43 SPIKE	Scream 2008 (HDTV) Celebration of creative talent. (N)				Scream 2008 (HDTV) Celebration of creative talent.			Scream 2008
	522 516	45 HIST	Outlaw Bikers		NCIS "Bete Noir"		Outlaw Bikers	Ax Men		NCIS
	627 528	46 SPACE	Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1 "Insiders"	Lost		Deep Space 9
	- -	47 AMC	(6) Wall Street *** (1987, Drama) Michael Douglas.				Clear and Present Danger *** (1994, Suspense) Harrison Ford.			
	619 525	49 TROP	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?		Family Guy
	600 564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes	Sarah's House		Design Inc.
	501 391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet		News
	504 508	70 BNN	Squeeze Play		Market Call		Headline	Market Call		Commodities
	526 507	92 CLT	Missing Link		Mysterious Ways		Judging Amy	Killer Next Door		Missing Link
cable variety	269 350	93 APTN	News		Wings-Canada	Great Towns	Wapos Bay	Rez Rides		Fish Out of
	- -	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Officina Italian	Qui si Parla		In Germany
	571 581	100 MMM	Listed		Don't Forget the Lyrics!		Party of Five			MuchMoreMusic Live
	570 580	101 MM	So You Think You Can Dance Canada Top 18.				Dance	Degraasi: Next		Pimp My Ride
	581 566	102 MTV	Paris Hilton's My New BFF		Paris Hilton's My New BFF (N)		MTV Live	After		Man and Wife
										The Hills
										Paris Hilton



Mother-of-six actress Angelina Jolie will reportedly quit acting as soon as it starts to affect her role as a parent. "As long as I can be with my family, it's fun," she said. **IMDB.COM**

## Celebrity Buzz

# Madge to stay in London

**BREAKUP** Madonna has vowed to stay in London despite the breakup of her marriage, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The singer was expected to return to the United States after the breakdown of her nearly eight-year marriage to director Guy Ritchie, but reportedly wants to remain in London for the sake of the three children they raise together: Lourdes, 12, Rocco, 8, and David, 3.

"Everyone expected

Madonna to go and live in New York, taking the chil-

dren with her. But despite some of the unhappy memories that London holds, she still feels that it's the best base for the kids," a source told Britain's Daily Mirror newspaper.

"They are very happy at their school and she doesn't want anything to interfere with that. London still has a massive hold on her and it's hard to just shake off."

METRO NEWS SERVICES



GETTY IMAGES/PHOTOS

# Kidman a rancher at heart

**PEOPLE** Actress Nicole Kidman has purchased a cattle ranch in Australia after she learned how to be a cowgirl while shooting her new movie, [imdb.com](http://imdb.com) reports.

The Oscar-winner stars alongside Hugh Jackman in new film *Australia*, and had to herd cows for her role in the film.

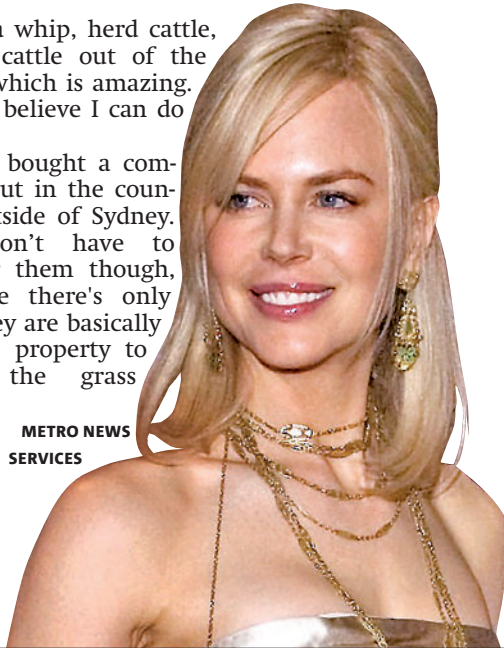
Kidman insists that despite her initial reservations about the gruelling stunts, she now loves the lifestyle so much she has bought her own ranch.

"I was terrified beforehand," she says. "I even had to learn how to cut cattle. But once you master it it's so much fun. Now I can

crack a whip, herd cattle, cut a cattle out of the herd, which is amazing. I can't believe I can do it.

"I've bought a company out in the country outside of Sydney. We don't have to muster them though, because there's only 40. They are basically on the property to keep the grass short."

METRO NEWS SERVICES



# Mayer writes love song to woo Aniston back

**RELATIONSHIPS** John Mayer reportedly wooed actress Jennifer Aniston back by writing her a love song, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The singer, who called off his three-month relationship with Aniston in August, also reportedly promised to quit smoking and drinking to cement their romance.

"John has even written a song about their time together and played it to Jennifer who was incredibly touched," a source says.

"He initially called things off because he didn't feel ready for commitment. But after a considerable time apart, his priorities have changed and he wants to make a go of things."

After their split Aniston was reportedly so devastated she refused to speak to him.

METRO NEWS SERVICES



## celebrity briefs

# Like mother, like daughter

**PARENTING** Tom Cruise and Katie Holmes' two-year-old daughter Suri has her own dressing room at the New York theatre where Holmes is making her Broadway debut, [imdb.com](http://imdb.com) reports.

Holmes is combining her run in Arthur Miller's *All My Sons* with her role as a mom, and has kitted out a room backstage at the Gerald Schoenfeld Theatre, so Suri is never bored.

"It's a great schedule, because (Suri and I) get to spend the whole day together and then I go and do the play. Then I come home and we play some more," Holmes says. "We

have a dressing room that is transformed into a playroom. It has a little piano."

METRO NEWS SERVICES



## celebrity briefs

# Stone speaks out about ageism

**AGING** Turning 40 was a big deal for Sharon Stone because suddenly movie roles and freebies reportedly dried up, [imdb.com](http://imdb.com) reports. The actress admits she was looking forward to becoming a 40-something back in 1998, but ageist attitudes to Hollywood stars left her floored. "I thought ... 'I'm fantastic and sexy and amazing,'" she tells *More* magazine. "(But) it was like 'You have leprosy.' I couldn't get a dress or a job." She bounced back with acclaimed roles in the movies *Casino*, *Broken Flowers* and *Bobby*, and turned 50 this year.

METRO NEWS SERVICES



# Even Bond goes grocery shopping

**CASTING** Daniel Craig discovered he'd be taking over from Pierce Brosnan as superspy James Bond while grocery shopping in Baltimore, Md., [imdb.com](http://imdb.com) reports.

The actor was in a Whole Foods supermarket when Bond producer Barbara Broccoli called to tell him he was the next 007.

"She went, 'Over to you kiddo,' so I put down the groceries, went straight into the liquor store, bought a bottle of vodka and got smashed," he reportedly said.

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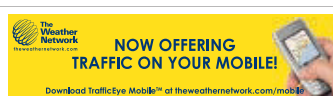
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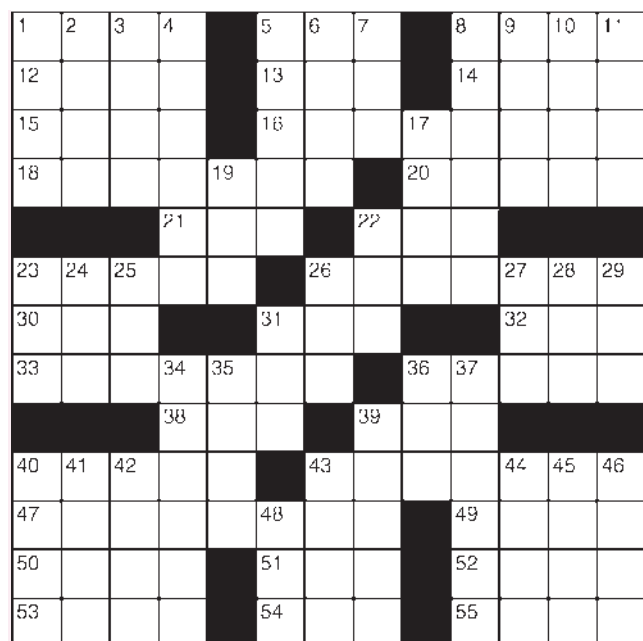
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## Take Five



### Crossword across

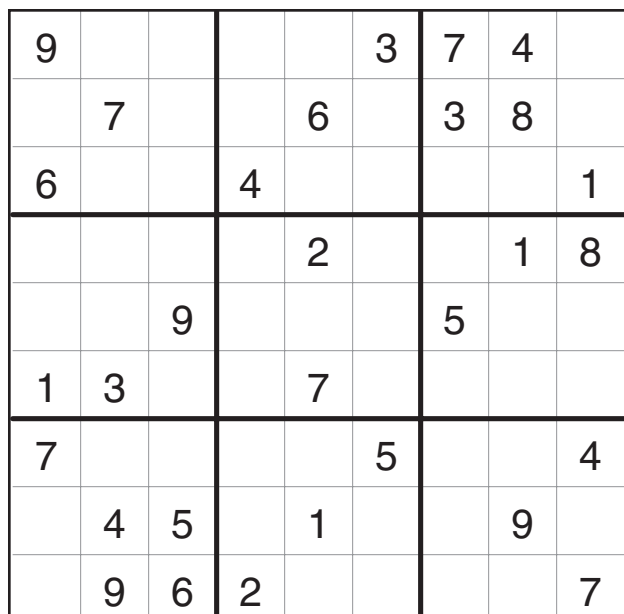
- 1 Body powder  
5 Heart chart (Abbr.)  
8 Heavy reading  
12 — -friendly  
13 That woman  
14 Mimic  
15 Boyfriend  
16 Lincoln biographer  
18 Bedtime visitor  
20 Facilitates  
21 Parched  
22 Way out there  
23 Approves  
26 Happy Gilmore portrayer  
30 Lair  
31 Bushy-tailed critter  
32 Raw rock  
33 KFC colonel  
36 Stick in the mud?  
38 Whatever number  
39 Old New Zealand bird  
40 "A Bell for —"  
43 Summer footwear  
47 Dagwood's specialty  
49 Coagulate  
50 "American —"  
51 West of Holly-wood  
52 "— Named Sue"  
53 Top-rated  
54 Schedule abbr.  
55 Window sheet

### Crossword down

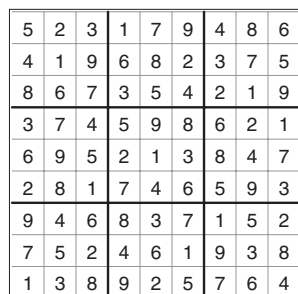
- 1 Vats  
2 Cruising  
3 Tilt  
4 Gunky  
5 English home-work, maybe  
6 "Star Trek II" villain  
7 Army bigwig (Abbr.)  
8 Knight's tunic  
9 Piece of work  
10 Unembellished  
11 Work units  
17 College boss  
19 "— Doubtfire"  
22 Transmit quickly  
23 "— bodkins!"  
24 Mauna —  
25 Raggedy doll  
26 "Mayday!"  
27 High shot  
28 Before  
29 Scarlet  
31 Sauté  
34 Bounce playfully  
35 Sufficient, in verse  
36 A billion years  
37 Wild and crazy  
39 "Real Time" moderator  
40 Europe's neighbor  
41 Pedestal part  
42 In due time  
43 Cicatrix  
44 Actress Jessica  
45 Symbol of craziness  
46 Eyelid woe  
48 "— little teapot ..."

### Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



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<b>SUDOKU SOLVE TIME:</b>	17-21 min .....	Smart
Under 13 min .....	21-25 min .....	Not bad
13-17 min .....	25+ min .....	Keep practising

### Recipe of the day



### Beef Waldorf

#### INGREDIENTS:

10 oz (300 g) beef tenderloin, trimmed of fat, cut into 2 fillets  
¾ in. (2 cm) thick  
1/4 tsp (1 mL) olive oil  
1 cup (250 mL) radishes, thinly sliced  
3 carrots, grated  
1 small yellow pepper, seeded and cut into thin rings  
3 celery stalks, sliced diagonally  
3 scallions, sliced diagonally  
2 tbsp (25 mL) chopped walnuts  
1/2 cup (125 mL) raisins  
2 small apples  
2 tsp (10 mL) lemon juice  
2 cups (500 mL) arugula leaves or other salad greens  
Salt and pepper

#### DRESSING:

2 tbsp (25 mL) grainy mustard  
3 tbsp (45 mL) light mayonnaise  
3 tbsp (45 mL) plain low-fat yogurt

#### METHOD:

1. Brush steaks with oil and season with pepper. Heat non-stick skillet over medium-high heat. Add steaks and cook for 3

minutes per side for medium-rare or 4 minutes per side for medium. Remove steaks from pan and let cool for at least 15 minutes.  
2. For dressing: Combine mustard, mayonnaise and yogurt in a small bowl.  
3. Put radishes, carrots, yellow pepper, celery, scallions, walnuts and raisins in a large bowl. Quarter and core apples, then cut into 1-in. (2.5-cm) chunks and toss in lemon juice. Add to bowl with half the dressing and turn to coat. Season lightly with salt and pepper.  
4. To serve, pile arugula or other salad greens on 4 plates and spoon apple and vegetable salad alongside. Cut steak into thin slices and arrange on top. Drizzle with remaining dressing.

#### SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



### Horoscopes

### AVATAR VENUS

**ARIES**  
**MARCH 21-APRIL 20**  
Heed the tidbits heard through the grapevine. A secret love will come to your attention. Promote your concepts for an ambitious project.



**TAURUS**  
**APRIL 21-MAY 21**  
A relationship is due to take place. Brilliant ideas will justify an emotional roller coaster. Outlandish antics can give you some relief.



**GEMINI**  
**MAY 22-JUNE 21**  
Travel through time to find your happiness. A sweetheart's friend will share good news. Someone will be grateful for a romantic encounter.



**CANCER**  
**JUNE 22-JULY 22**  
Pay the bills to get emotional security. Remain calm when suspicion causes fear. Talking gibberish isn't a good idea.



**LIBRA**  
**SEPT 23-OCT 23**  
A sweetheart will make the usual excuses. A secretive buddy is in awe of you. Don't laugh if a woman takes the lead at a rendezvous.



**SCORPIO**  
**OCT 24-NOV 22**  
Hostility decreases after chaotic events. Get down to business with a realistic budget. A necessary encounter is fated to work for the best.



**SAGITTARIUS**  
**NOV 23-DEC 21**  
Something is wrong with an interesting visitor. A man pays the price for an unpopular decision. Be direct with your loved ones.



**CAPRICORN**  
**DEC 22-JAN 20**  
Restlessness will reveal a lack of knowledge. Give the gift of time to a child. Be sure of your facts before speaking.



**LEO**  
**JULY 23-AUG 23**  
An eccentric is shrewdly successful. An admirer makes a dreadful mistake. Make a promise to agree with a loner.



**VIRGO**  
**AUG 24-SEPT 22**  
A companion's wrongdoing creates a fuss. A challenger goes astray before making an announcement. An elder has crucial information.



**AQUARIUS**  
**JAN 21-FEB 18**  
Ridiculous restrictions will dissolve effortlessly. Somebody's anger will not wreck the day. An absentminded playmate runs into an old flame.



**PISCES**  
**FEB 19-MARCH 20**  
You can expect approval from a fortune-hunter. A prankster has an unexpected decision to make. Loyalty leads to caution in the night.



**Sunquest.ca**

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**More killer offers starting at \$20 in-store.**



**\$15** ~~\$50~~  
MOTOKRZR K1



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With 3-year Fido Agreement.

Fido customers can now save up to 10% when bundling with Rogers services:  
Home Phone and Hi-Speed Internet\*. Join Fido now 1-866-301-3436.

A \$6.95 monthly System Access Fee (non-government fee) and a 50¢ monthly 911 Emergency Access Fee (non-government fee) apply in addition to the monthly service fee. Local airtime over the allotted monthly minutes in the monthly plan, long-distance and roaming charges and any additional services selected and applicable taxes are extra and are also billed monthly. The \$17.50 plan is available until November 3, 2008 only in the provinces of British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Québec and Nova Scotia with a three-year Fido Agreement. Plan applies to local airtime minutes only, excluding calls made and received on the expanded network, through Video Calling and calls made through Call Forwarding. There is a charge per text message received via E-mail to your Fido and for premium text messages (alerts, messages related to content, contests and promotions). Subject to Fido's Acceptable Use Policy. An Early Cancellation Fee (ECF) applies to all subscribers with a Fido Agreement. Prices of the phones are valid until November 3, 2008 with three-year Fido Agreement. \*Discount applies to monthly recurring service fees for eligible services. Not all services are available in all areas. Minimum 24-month term required for some services. Go to [fido.ca/bundles](http://fido.ca/bundles) for details. © Fido & design and Always by your side are trademarks of Fido Solutions Inc. © 2008 Fido Solutions Inc.

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